



Fourth of July 5K
Aacata Marsh
9:30 am, Sat., July 4, 2026

July Minutes

by "Marlene Allen" <allens@humboldt1.com>

Wed., Jul. 1, 2026, 6:30 pm at Hunan in Eureka. Board members in attendance: **Mark Ellis, Juan Reyes, Harry Kavich, Jorge Preciado, Sarah Sullens, Jamie Hinckley, Sherry Myers, Catrina Howatt, Marlene Allen** and **Karen Kidwell**. Guests: **Jessy Preciado** and **Paul Kraus**.

OLD BUSINESS

A. The Ave (Sun., 5/03/26) recap: Cindy (not present) – Table to the August Board meeting.

B. Atalanta (Sun., 5/10/26) recap: Jessy – Race went well, the final budget was presented, 50 more registrations than last year. Thank you Jessy for a great event!

C. Grasshopper (Sat., 6/06/26) recap: Karen – 133 Finishers. The 'safety net' was tested - 1 runner off course & found by park ranger; 1 runner injured & went to urgent care, injuries minor. The final budget will be next meeting. Thank you Karen for yet another great event!

D. Scholarship update: Yoshi (not present) – Pics of recipients were in the July Newsletter.

E. Dow's Prairie (Sat., 6/20/26) recap: Jeff (not present) – Read out was posted in the July Newsletter. Thank you Jeff for a great event!

F. SafeSport: Board Members – Get this to Matthew. More discussion August meeting.

G. Small Race Director Handbook: email Matthew with edits, corrections, suggestions.

NEW BUSINESS

A. 4th of July 5K (9:30 am, Sat., 7/04/26): Marlene – Permits in hand, volunteers lined up, same course.

B. Fortuna Rodeo Run 5K (9:00 am, Sun., 7/12/26): Catrina – Permits in hand, need more volunteers.

C. Sand Dollar Shuffle 5M (9:00 am, Sat., 8/01/26): Paul – Park permit done. Everything on track.

D. Hammond Trail 5K (9:00 am, Sat., 8/15/26): Sarah – Permits/insurance submitted, would like more volunteers. Email Sarah at <sarahsullens10@gmail.com>

E. Kevin Evert Run 2M & 7.5ish (Fees, NOT an SRRC run: 9:00 am, Sat., 8/22/26): Jamie – Jamie/HealthSport would like to rent equipment for the event, approved. More info at the August meeting.

F. Free Membership for Key Volunteers: Proposal including small race directors, circuit manager, scholarship/shoe fund manager, Board members, HRRAY committee members. Discussion; motion by Catrina to accept this proposal, seconded by Sarah, motion passes.

G. CR Dinner/Auction (5:00-9:00 pm, Thur., 8/13/26): Discussion – motion to buy a table for 10 at the dinner/auction made by Mark, second by Harry, motion passes.

● **Next meeting:** Pepper's in Valley West, Arcata; Dinner at 5:30 pm, Meeting at 6:30 pm, Wed. Aug. 5, 2026. Ask Matthew Kidwell <matthew5513@yahoo.com> for details.



Six Rivers Running Club is incorporated under the laws of the State of California. Its goals are:

1. To encourage distance running both competitive and noncompetitive, by all interested people in the Humboldt County area;
2. To arrange and manage road races open to all who are interested;
3. To print and circulate a Club Newsletter to spread information about coming races, results of past races, and running tips; and
4. To encourage and support youth running.

Third Class Mail is not forwarded!

Send address changes to:
ygk1@humboldt.edu

or Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
(707)826-5399

Submitting Material for Publication

Unsolicited material is welcome and will be used as space permits. Contributions of articles, race reports, art, and calendar listings may be submitted handwritten or typed. However, submission via E-mail, or digital form is preferable. Photographs are best mailed as prints or through special arrangement for electronic transfer. Digital photos should be at least 150 dpi at the dimensions to be printed. Articles are edited for size and content.

Send materials for publication by the **15th day** of each month to:

Six Rivers Running Club
Newsletter Editor
P.O. Box 214
Arcata, CA 95518-0214
e-mail: ygk1@humboldt.edu

SRRC BOARD OF DIRECTORS

2026-2027

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Mark Ellis mg8ellis@gmail.com 442-7235
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2025-2026

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Sherry Myers sherrymyers1956@gmail.com 839-1057
Gary Timek gtimek@aol.com 845-5147

SRRC OFFICERS

President*** Matthew Kidwell
<matthew5513@yahoo.com>
Vice President** Jamie Hinckley
<mrs.jamie.hinckley@gmail.com>
Secretary* Marlene Allen
<allens@humboldt1.com>
Treasurer Cindy Timek
<ctimek@aol.com>

SRRC Newsletter Editor

Yoon G Kim <ygk1@humboldt.edu>

4th of July 5K -- Arcata Marsh

On behalf of James Washington and myself – We thank all of our **volunteers** who helped with this ‘perfect-running-weather-day’ event. We had some new volunteers, we’re always happy to get new volunteers. Thank you **Jib Ray, David Turner, Gideon Turner!** Hopefully, it was a fun experience, and you'll think about volunteering again in the future. Please tell all your friends how rewarding it was!

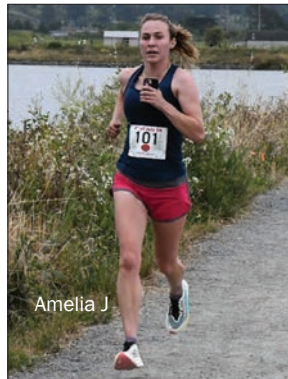
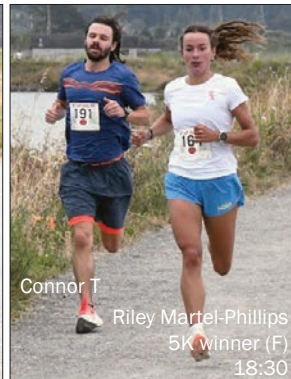
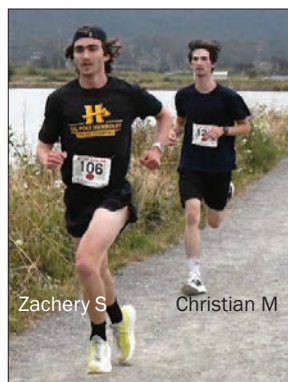
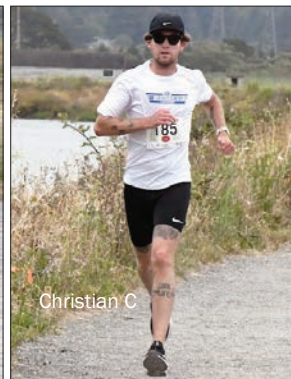
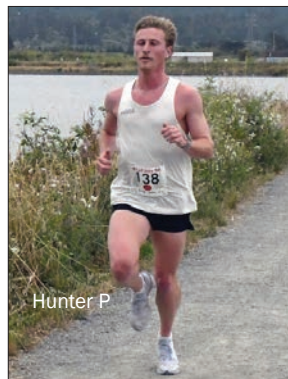
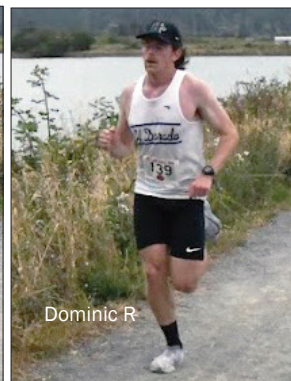
Thanks to **Sherry Myers, Jamie Hinckley, Catrina Howatt, & Sarah Sullens** we registered 130 participants in 1hr & 45 min. Our participant total was 248 this year. We started the run 10 minutes late due to the long porta-potty line (not my fault!) but everyone was off and running at 9:40 am guided by our famous local cyclist and C/R coach, **Reed Elmore**.

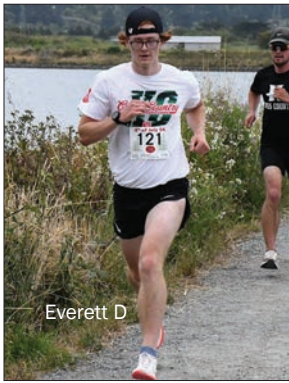
All of the monitors on the course and the road closures were AHS volunteers coordinated by **Davita McGoldrick & James**. The usual suspects manned the finish Line – **Gary Timek, Harry Kavich, & Yoshi Uemura**, with **Sherry & Jamie** pulling tags. Also appreciated were volunteers who jumped in to help with anything - **Randy Emenaker, Don Brubaker, & Marcile Raney**. I hope I didn't forget anyone - thank you all – you all made the event go smooth, and - clean up was a breeze.

Very big thanks to **Yoon**, for posting the photos and times to the SRRC website before any of us even got home. Happy 4th of July, see you next year - same day, same time, same course, more popsicles, yea!

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174 Delcie Hemmingsen-Moon	F42	40:35
175 Berit Meyer	F69	40:50
176 Ryan Emenaker	M48	41:00
177 Laura Padilla	F48	41:08
178 Angel Ornelas	M23	41:09
179 Michelle Hasting	F56	41:10
180 Tim Canning	M67	41:22
181 Robin Fraser	F47	41:29
182 Abby Fore	F21	41:31
183 Mata Iinka	F06	41:38
184 Sara Starr	F69	42:08
185 Sarah Sullens	F46	42:09
186 Marcile Raney	F66	42:37
187 Molly Bongio	F30	43:35
188 Briana Steele	F32	43:36
189 Margaret Nugent	F39	43:55
190 Sarah Brown	F46	44:15
191 Nathan Whitney	M19	44:17
192 Sheyda Lee Gomez	F42	44:19
193 Jason Benge	M56	44:20
194 Bruce Camilleri	M70	44:21
195 Arcelia Alvarez	F39	44:30
196 Noah Gerhard	M05	44:50
197 Maggi Gerhard	F38	44:51
198 Matilda Landis	F07	45:01
199 Nadine Honda	F07	45:06
200 Gerald Crnich	M80	45:07
201 Jenny Cappuccio	F53	45:57
202 Frank Cappuccio	M52	45:58
203 Shauna Davidsen	F54	46:06
204 Jennifer Coriell	F45	46:12
205 Julie Lyons	F61	47:43
206 Abigayle Mazzocco	F25	47:44
207 Phana Degrazia	F09	49:07
208 Lexis Gillette	F32	49:08
209 Bluejay Hazard	M09	49:39
210 Mason Atherton-Friend	M08	49:40
211 Susan Holt	F76	50:12
212 Ed Saunders	M72	50:14
213 Trevor Degrazia	M43	50:29
214 Dara Degrazia	F03	50:29
215 Shayna McElroy	F30	51:13
216 Jennifer Anderson	F49	51:30
217 Scott Anderson	M49	51:31
218 Amy Dewey	F65	52:01
219 Thomas Dewey	M67	52:02
220 Mayleah Jackson	F18	52:21
221 Emmerson Brownfield	F19	52:22
222 Sandra Penkalski	F65	53:01
223 Mary Lou Lowry	F79	53:55
224 Naomi Stamper	F41	54:44
225 Oliver Stamper	M05	54:48
226 Reece Emenaker	M05	55:20
227 Sofia Pereira	F38	55:21
228 Catherine Wiseman	F49	56:40
229 Stefanie Anderson	F39	57:03
230 Thomas Vomaske	M25	57:04
231 David Howell	M74	57:23
232 Dean Matheson	M67	57:24
233 Jennifer Ferreira	F52	57:27
234 Cynthia Corse	F40	57:31
235 Arianna Porter	F16	57:33
236 Felix Porter	M09	57:39
237 Westley Porter	M12	57:42
238 Brendan Benas	M32	58:23
239 Portia Matheson	F78	58:34
240 Dianne Dufala Carroll	F74	58:35
241 Crystal Porter	F42	58:37
242 Shawn Porter	M44	58:43
243 Travis Sherrod	M42	1:00:13
244 James Sherrod	M70	1:00:14
245 Katie Camilleri	F28	1:05:04
246 Jennifer Johnson	F66	1:05:06
247 Quin Wilson	M55	1:06:44
248 Kristin Ferderber	F58	1:06:44





Everett D



Leduc J



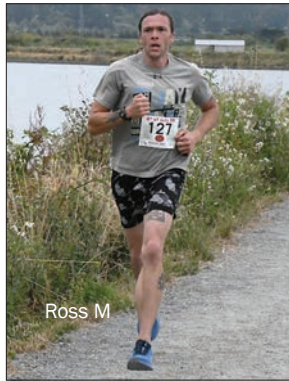
Henry A



Rosa G



Jonah V



Ross M



Clark B

Levi B



Ian C-B



Michael C



Dillon A



Keenan T

Al-Lan M



Zachary C



Granite P

Matt W



David S



Andrea W



Colton T



Andrew J



Jared P

Jake J



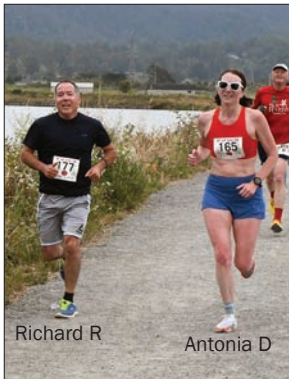
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Caleb T



Jeff H



Richard R

Antonia D



Staci L



Jose O



Elijah C

Rathlin H-M



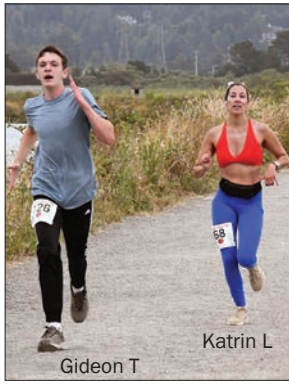
Tony S



Noël L

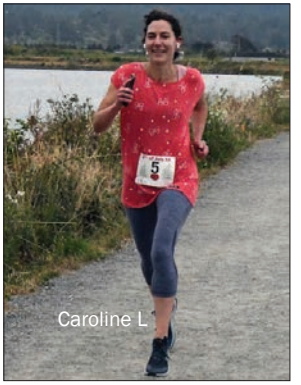


Andrew M



Gideon T

Katrin L



Caroline L



Liam W

Ella P



Sonia B

Kristin L



Megan M

Mark C

Andrea L



Jon L

Jenna L

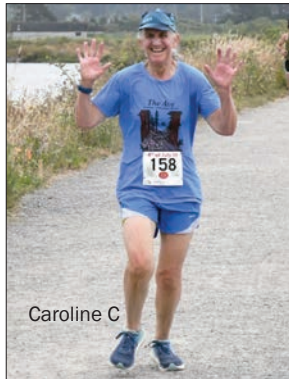


Becca M



Richard E

Shawn M



Caroline C



Micah H



Josef S

Charlotte L



Chad E

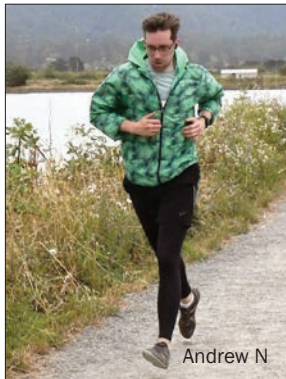
Audrey E



Jo A



Charlotte L



Andrew N



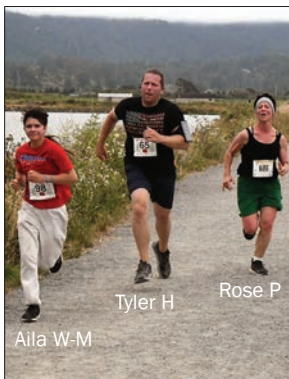
Cyril C



John A



Brandon T



Tyler H

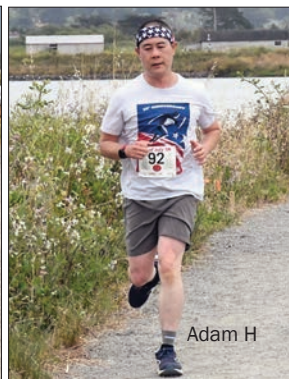
Rose P

Aila W-M



Megan A

Paul K



Adam H

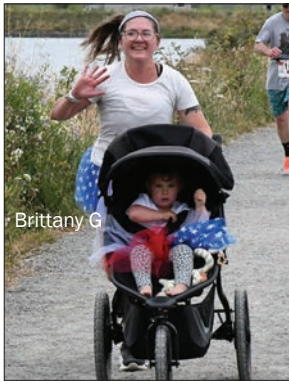


Dave R

Hayden R



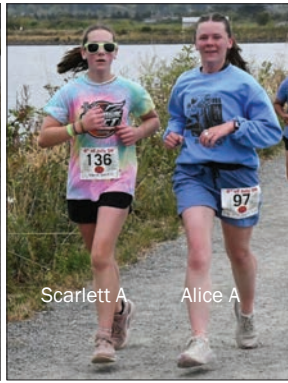
Phil T



Brittany G



Randy E



Scarlett A

Alice A



Myra E



Roger R

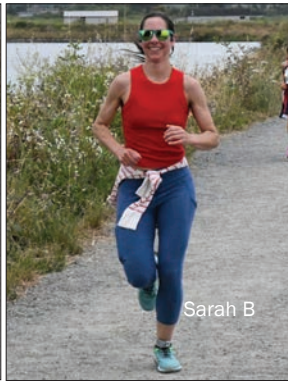
Kathleen B



Tanya T



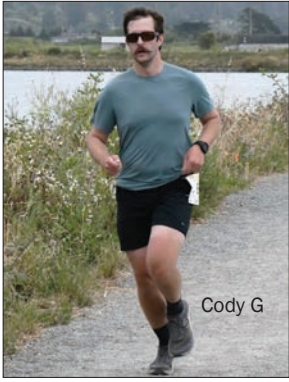
Isla A-B



Sarah B



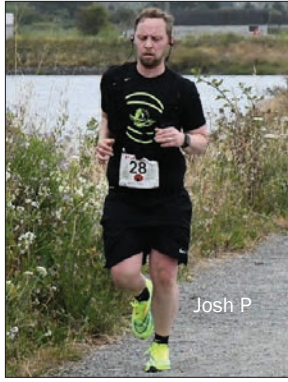
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Cody G



Jasper



Josh P



Matt B

Maddox C



Daniel P

Brian F



Liam C



Alan L

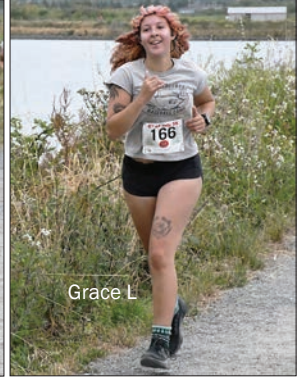
Robert T



Carrie M



Adriana R



Grace L



Michelle D



Todd P

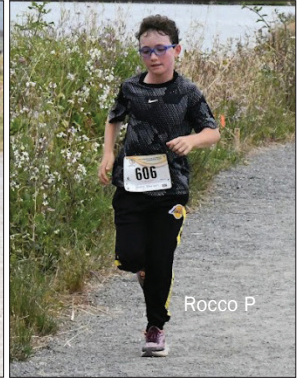
Nicolette A



Micheae W



Michael W



Rocco P



Angie P



Lisa H



Maceo H Winston C



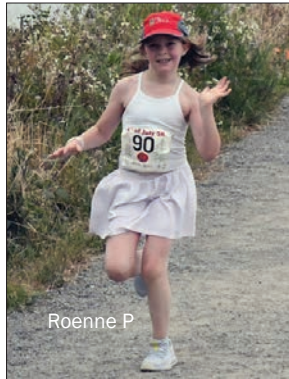
Christina B Brendan M



Sarah L Kyle H



Lauren P Camille S



Roenne P



Karen A



Meredith M



Laura C



Danielle L Elena C



Peter M



Meghan H



Sarah L
Malia H
Penelope L



Michael P



Liisa L Shannon E



John C



Ed K



Mona G Ryan K



Azalea W Rachael W-N



Bob B



Zane C



Andrew J



April Q Sean Q



Henry C Jean C



Lorraine D



Jacob B



Kit M

Scott P



Heather H

Jordan K

Jada B

Tara L



Mata I



Catrina H

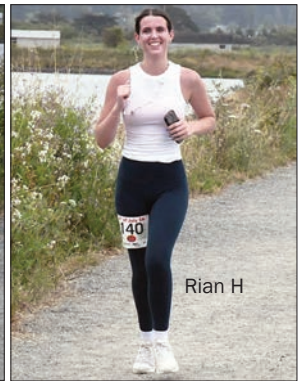
Eliana P



Andrea S



Ashley P



Rian H



Jack A



Sonya J



James H



Berit M

Delcie H-M



Ryan E



Angel O

Laura P



Michelle H



Tim C



Robin F



Abby F

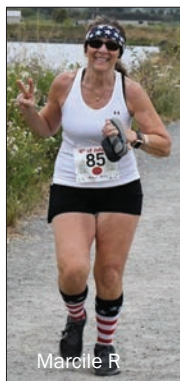


Mata I

Sara S



Sarah S

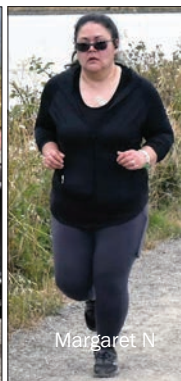


Marcile R

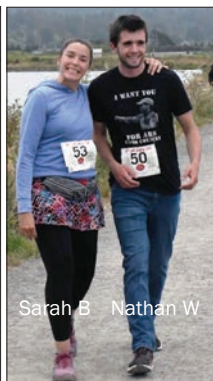


Molly B

Briana S

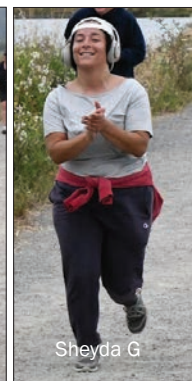


Margaret N



Sarah B

Nathan W



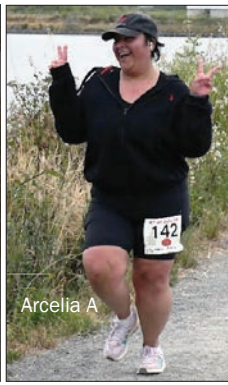
Sheyda G



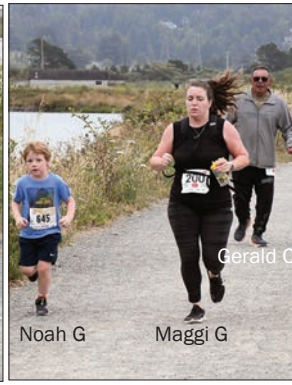
Jason B



Bruce C



Arcelia A



Noah G

Maggi G



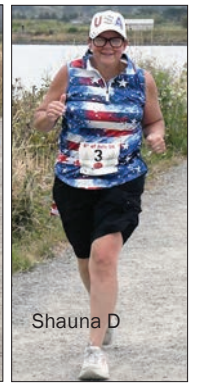
Matilda L

Nadine H



Jenny C

Frank C



Shauna D



Jennifer C



Julie L

Abigail M



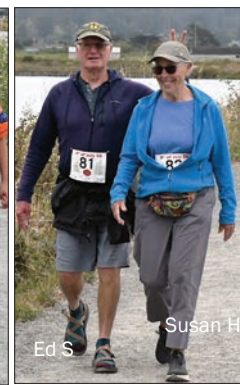
Phana D

Lexie G



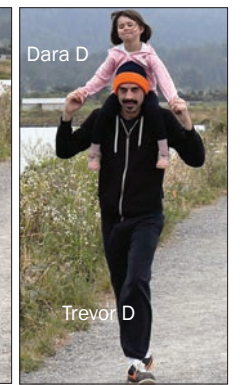
Mason A-F

Bluejay H



Ed S

Susan H



Dara D

Trevor D

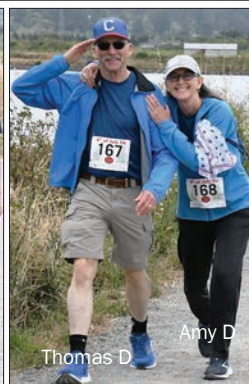


Shayna M



Jennifer A

Scott A



Thomas D

Amy D

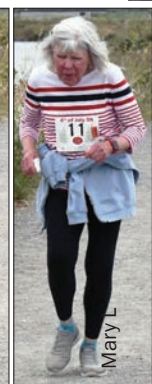


Emmerson B

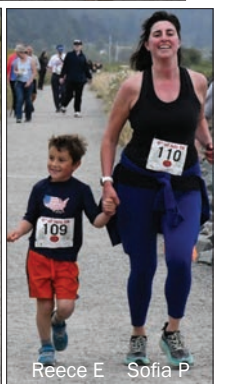
Mayleah J



Sandra P



Mary L



Reece E

Sofia P



Oliver S

Naomi S



Catherine W



Stefanie A

Thomas V



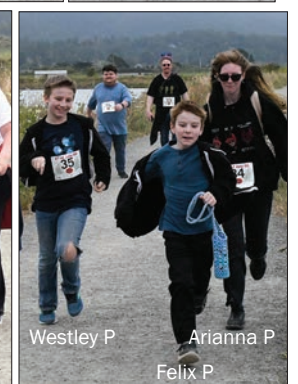
Dean M

David H



Jennifer F

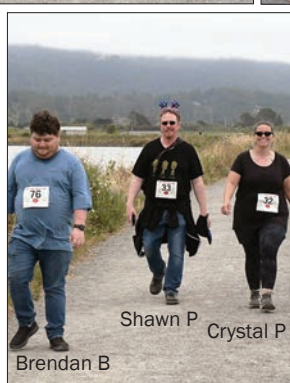
Cynthia C



Westley P

Arianna P

Felix P



Shawn P

Crystal P

Brendan B



Dianne C

Portia M



Travis S

James S



Jennifer J

Katie C



Kristin F

Quin W

Fortuna Rodeo Run 5K

The **Fortuna Rodeo Run 5K** was a fun race this year! It is a great way to kick off Rodeo week! The **City of Fortuna**, the **Fortuna Police Department** and the **Fortuna Rodeo** are great partners. I appreciate everything they do to make the permitting and the road closures easy and safe! We were lucky to have great running weather and it was a great turnout – 162 runners!!

I want to thank all the **volunteers**. Without them, the race would not work! **Karen Kidwell** marked off the miles on the course for us! **Gary Timek, Brent Howatt, Carla Kraus** and **Sarah Sullens** helped with setting up and taking things down. They did a great job manning the finish line! **Carla Kraus, Sarah Sullens** and **Brida Lester** handled registration. **Robert Peck** manned the race turn around with much encouragement and enthusiasm. **Jorge Matias** with **Michelle Rodriguez** and **Haydee Hopkins** from **Providence Health** all worked together with the club to sign up a group of their families. My husband **Brent** was helping everywhere I turned. And **Yoon**, as always, you captured great pictures of the event!



It was a pleasure to help put this race on for such a great running community! – **Catrina**



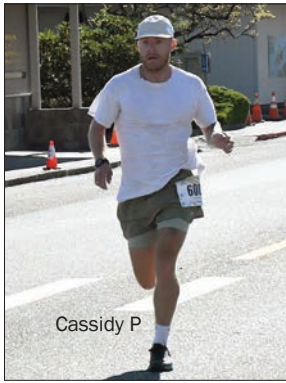
P1	Name	G/age	Time	55	Rosa Reynoza	F40	27:33	110	Abby Fore	F21	41:49
1	Juan Ornelas	M16	16:21	56	Arthur Barker	M64	27:53	111	Karen Pearson	F40	42:12
2	Ryder Bullman	M17	16:57	57	Michaelyn Mullan	F28	28:03	112	Hanna Taylor	F25	43:03
3	Cassidy Parker	M29	18:19	58	Annie Waterson	F45	28:26	113	Sativa Younge	F24	43:04
4	Trevyn Sanborn	M28	18:27	59	Rafael Cuevas	M49	28:48	114	Jib Ray	M85	43:19
5	Travis Sanborn	M37	18:28	60	Valeria Cuevas	F12	28:48	115	Blanca Ruiz	F32	44:19
6	Jakob Zolwik	M29	18:52	61	Robb Foley	M53	28:55	116	Julie Lyons	F61	45:05
7	Karl Klinger	M21	19:09	62	Mavelyn Socha	F48	29:03	117	Abigayle Mazzocco	F25	45:06
8	Cory Callahan	M33	19:40	63	Scarlet Bullman	F13	29:04	118	Christian Hernandez	M07	45:30
9	Zachary Chapman	M44	20:40	64	Liam Chapman	M11	29:37	119	Carlos Hernandez	M27	45:30
10	Rob Amerman	M52	21:06	65	Janell Colosio	F45	29:38	120	Ariella Rayburn	F04	45:55
11	Kyle Nielsen	M34	21:16	66	Michael Youngblood	M33	29:38	121	Jacob Kamplain	M40	45:56
12	Andrea Guggenbickler	F30	21:27	67	Aileen Ornelas	F08	30:06	122	Pete Ciarabellini	M63	45:58
13	Andrea Wright	F65	21:33	68	Maria Jose Cuevas	F10	30:07	123	Sherry Myers	F70	45:59
14	Colton Taylor	M15	21:42	69	Maddox Chapman	M11	30:17	124	Jenni Rodriguez	F13	47:09
15	Kate Eilers	F34	21:52	70	Amy Taylor	F47	30:29	125	Jeanette Suhay	F58	48:31
16	Jose Ornelas	M38	22:01	71	Michaele Whiteley	F66	30:37	126	Tonja Pettit	F59	48:31
17	Jake Johnson	M50	22:02	72	Leah Zirkle	F15	31:10	127	Gail Admendaes	F63	48:32
18	Karen Kidwell	F41	22:03	73	Ron Williams	M12	31:17	128	Lalita Brinckhaus	F69	49:37
19	Stephen Winterroth	M39	22:25	74	Tavia Huey	F44	32:00	129	Nancy Gonzalez	F43	49:44
20	Antonya Diller	F38	22:53	75	Roman Futoma	M44	32:20	130	Alitzel Arias	F13	49:45
21	Marcus Torres	M34	22:57	76	Mary Daniels	F69	32:24	131	Mason Kamplain	M06	50:18
22	Jeff Haag	M67	23:10	77	Jacob Tabares	M35	32:25	132	Neymar Ornelas	M08	50:34
23	Eddie Fuel	M64	23:20	78	Mayra Herrera	F23	32:57	133	Laura Ornelas	F40	50:44
24	Lanore Bergenske	F68	23:23	79	Camille Sathrum	F38	33:15	134	Iker Leal	M10	51:23
25	Daniel Butler	M24	23:33	80	Sarah Larsen	F45	33:16	135	Krankie Huey	M59	51:24
26	David Guggenbickler	M53	23:53	81	Jagger Slade	M08	33:36	136	Kai-Li Huey	F12	51:25
27	Blaise Titus	M10	24:02	82	Max Fleming	M11	34:08	137	Catherine Lamb	F36	52:37
28	Julian Gordon	M17	24:06	83	Joe Casacca	M12	34:14	138	Onyx Kamplain	M04	52:40
29	Candace Cohoon	F29	24:13	84	Kirsten Foley	F42	34:24	139	Melanie Waterson	F83	53:46
30	Jen Foesig	F53	24:23	85	Roenne Powell	F09	34:34	140	Carol Edwards	F19	54:59
31	Ronin Lawrence	M17	24:25	86	Ale Gallegos	F37	34:56	141	Michelle Rodriguez	F??	55:29
32	Becca Matias	F35	24:42	87	Dalas Hayes	F28	35:01	142	Nathalia Leal	F02	56:34
33	Cody Hurst	M28	24:51	88	Yolanda Becerril	F50	35:15	143	Laura Beltran	F39	56:34
34	Barrett Wittenbrock	M10	24:55	89	Marisol Rodriguez	F45	35:23	144	Erik Leal	M06	56:35
35	Elijah Butler	M21	24:56	90	Hollis Sanborn	F03	35:47	145	Ryan Anderson	M50	56:59
36	Alexa McCall	F17	25:01	91	Cassie Sanborn	F37	35:48	146	Mary Anderson	F35	57:01
37	Alex Wright	M35	25:13	92	Scott Park	M54	36:12	147	Gabriella Gonzalez	F05	57:50
38	Cohyn Phillis	M30	25:22	93	Zane Chapman	M13	36:37	148	Rosalie Gonzalez	F07	57:51
39	Tyler Baum	M32	25:33	94	Laurie Guggenbickler	F50	36:56	149	Natally Gonzalez	F29	57:58
40	Brida Lester	F18	25:37	95	Nano Rayburn	M07	37:22	150	Cindy Mooney	F67	58:07
41	Caden Bailey	M16	25:37	96	Haydee Hopkins	F58	37:53	151	Jon Van Beers	M33	59:57
42	Summer Morales	F18	25:39	97	Patricia Earle	F70	38:15	152	Ginger Greenlee	F33	59:58
43	Jasper	M29	25:48	98	Josh Phinney	M41	38:16	153	Joie Van Beers	F29	1:00:05
44	Aiden McCall	M15	26:06	99	Brittany Phinney	F37	38:16	154	Faith Caudill	F24	1:00:05
45	Axton Stockdale	M10	26:30	100	Ashley McCanless	F38	38:17	155	Randi Mead	F48	1:00:06
46	Knox Stockdale	M08	26:31	101	Elibe Noriega	F50	38:51	156	Tatiana Ferrington	F29	1:00:09
47	Steven Stockdale	M42	26:33	102	Dominic Ornelas	M12	39:00	157	Britley Sietz	F37	1:00:52
48	Santiago Camacho	M25	26:40	103	Shelby Ornelas	F14	39:09	158	Seren Sietz	M06	1:00:53
49	Janelle Guggenbickler	F28	26:41	104	Jose Yahir Ornelas	M12	39:09	159	Dylan Hernandez	M02	1:06:07
50	Caroline Carson	F64	26:50	105	Nathan Brinckhaus	M41	39:23	160	Estela Cruz	F28	1:06:08
51	Samuel Wilber	M43	27:05	106	Ariana Rayburn	F39	40:15	161	Olivia Matias	F65	1:11:18
52	Cyril Carl	M79	27:06	107	Marcile Raney	F66	40:49	162	Amparo Mendez	F84	1:11:19
53	Roberto Licona	M55	27:24	108	Ming-Yun Huey	F14	41:05				
54	Randy Emenaker	M75	27:27	109	Quinnlan Torres	M26	41:17				



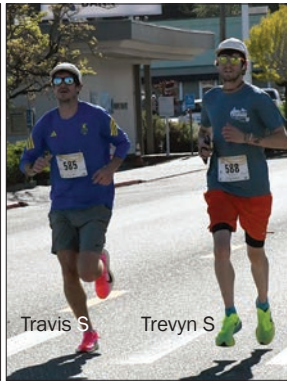
Juan Ornelas
5K winner (M)
16:21



Ryder B



Cassidy P



Travis S

Trevyn S



Jakob Z



Karl K



Cory C



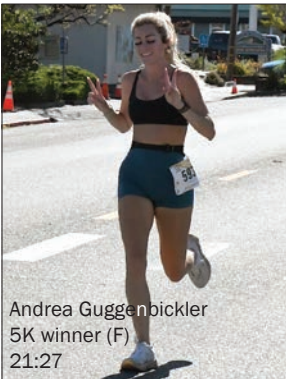
Zachary C



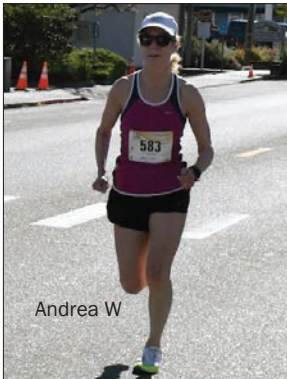
Rob A



Kyle N



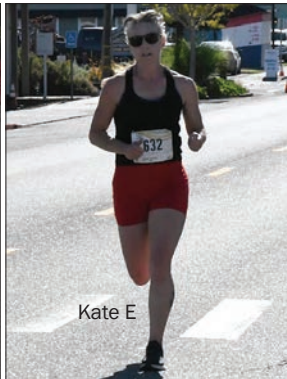
Andrea Guggenbickler
5K winner (F)
21:27



Andrea W



Colton T



Kate E

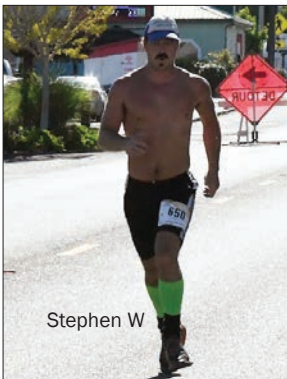


Jose O



Karen K

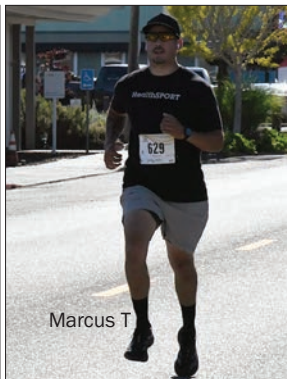
Jake J



Stephen W



Antonya D



Marcus T



Jeff H



Lanore B

Eddie F



Daniel B

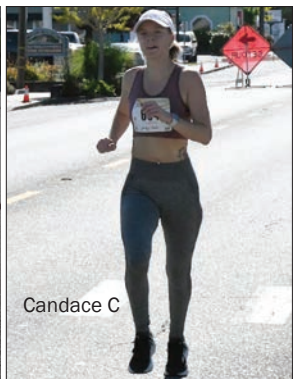


David G

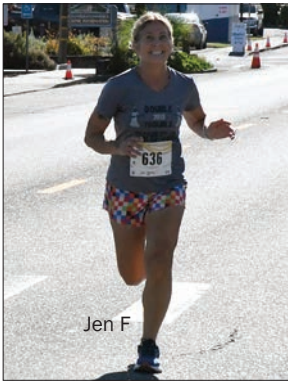


Julian G

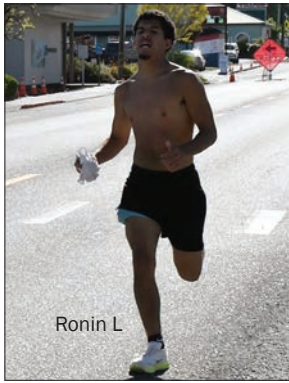
Blaise T



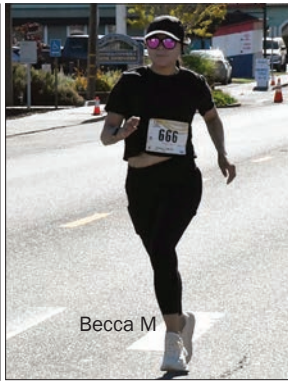
Candace C



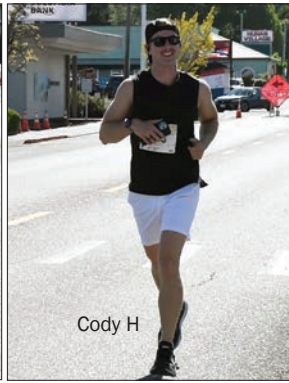
Jen F



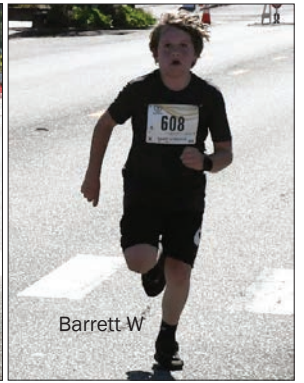
Ronin L



Becca M



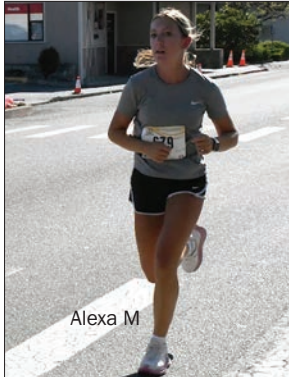
Cody H



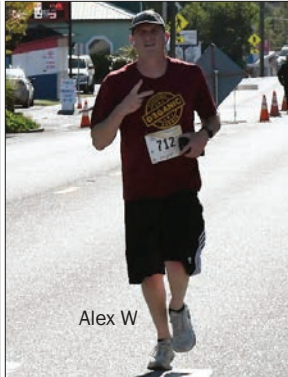
Barrett W



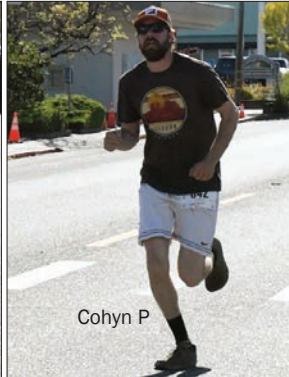
Elijah B



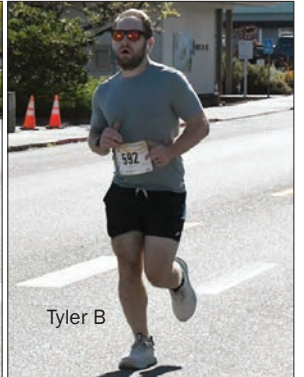
Alexa M



Alex W



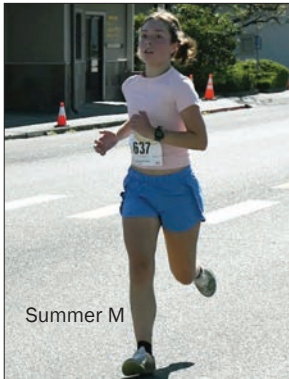
Cohyn P



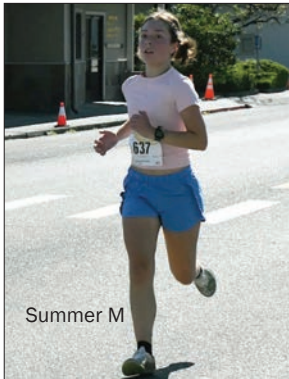
Tyler B



Caden B



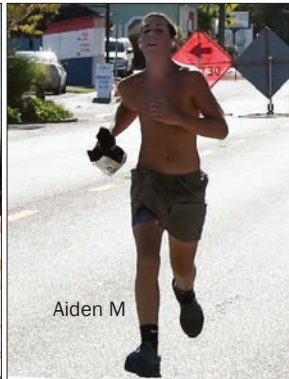
Brida L



Summer M



Jasper



Aiden M



Knox S



Steven S



Janelle G



Santiago C



Caroline C



Cyril C



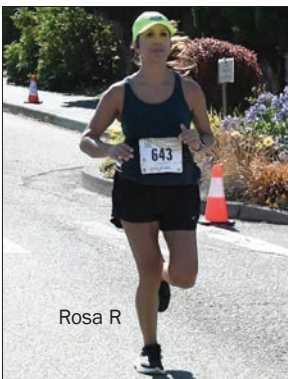
Samuel W



Roberto L



Randy E



Rosa R



Arthur B



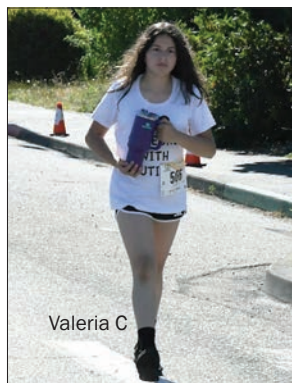
Michaelyn M



Annie W



Rafael C



Valeria C



Robb F



Scarlet B

Mavelyn S

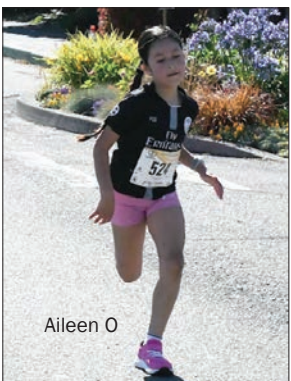


Liam C



Michael Y

Janell C



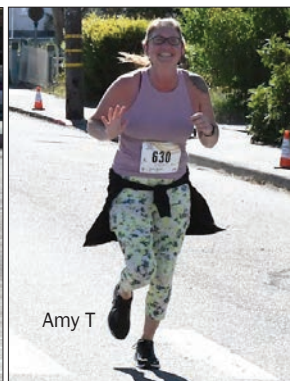
Aileen O



Maria C



Maddox C



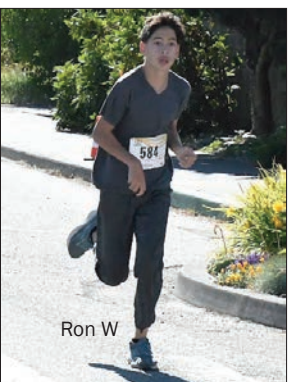
Amy T



Michaele W



Leah Z



Ron W



Tavia H



Roman F

Mary D



Jacob T



Mayra H



Camille S

Sarah L



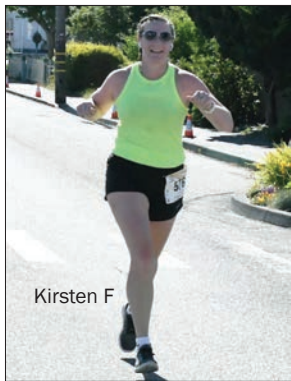
Jagger S



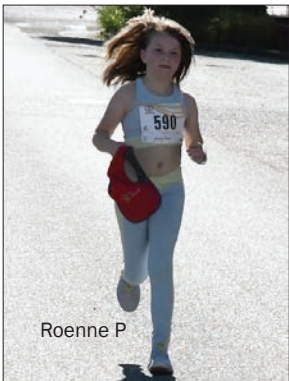
Max F



Joe C



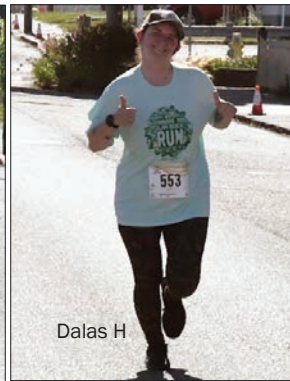
Kirsten F



Roenne P



Ale G



Dalas H

• Top 87 finishers are shown here. Please visit <http://www.6rcc.com> for the rest.

2026 Bay Area Senior Games

Donnie Nelson <donnien@niaa.com> wrote on Wed, Jul 1, 2026:

Hello, SRRC friends!

Go Team USA. How exciting to see this run in the World Cup.

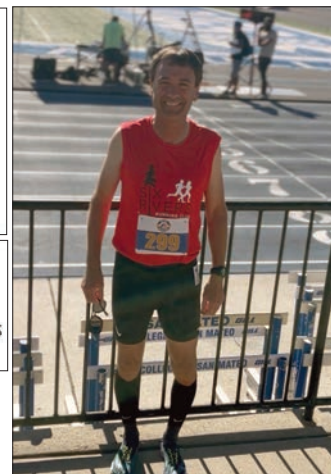
Well, I was fortunate to have an outstanding double performance and represent the club logo as best as possible during the **Bay Area Senior Games** on Sunday, June 28, 2026 at San Mateo College (great track!).

Ran the **5,000** in **18:27.30** and then, exactly two hours later, the **1,500** in **5:07.03**, both victories.

It was a positive and productive double in my final tune-up for the **USATF masters nationals** in Cleveland, where I'll be competing in the **5,000** on July 16 and the **1,500** on July 19. I hope I'll be able to make our club look good!

Take good care everyone & happy training + racing. Hope to see you in the fall.

– **Donnie**



Mike Wood & Kate Gentry in Europe

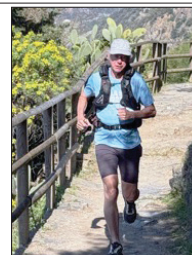
Mike Wood <oneononerunner@gmail.com> wrote on Fri, Jun 26, 2026:

Hi SRRC, We've had two interesting runs in the last couple months.

On March 27th, Kate and I did a ten mile run with 4,000' of elevation gain on the **Cinque Terre** route in **Italy**. This trail takes you through the towns of Monterosso, Vernazza, Corniglia, Manarola, Riomaggiore along the Italian coast. It's one of the most beautiful trails I've ever run on. During the run you are constantly turning a corner or cresting a hill and seeing another breathtaking view of the Italian countryside and vineyards with the stunning Mediterranean Sea as a backdrop. Gorgeous sightseeing run!

June 8th – 10th. Kate and I did a three day run on the **South Downs Way trail** in **England**. On our first day, we started at Lewes and ran ten miles to Alfriston. On the second day we ran eight miles from Alfriston to Seven Sisters. And on the final day we ran 9 miles to Eastbourne. Average elevation gain was 1,000' per day and we carried all our own gear. We stayed in a motel each night. This is a popular hiking trail, mostly on grass or dirt that runs alongside towering limestone cliffs above the English Channel. There were very few people for the first two days. But for the final day you are running along these beautiful, white oceanside cliffs and we saw hundreds of walkers.

Thanks, – **Mike Wood** and **Kate Gentry**



Mürren, Switzerland: A Trail Runner's Paradise

Ella Price <ella.m.price@gmail.com> wrote on Fri, Jul 3, 2026:

The Price family recently returned from an unforgettable adventure in **Mürren, Switzerland**, and it's hard to imagine a more spectacular destination for trail runners. Every corner, ridge, peak, and valley revealed breathtaking alpine views that somehow became even more stunning with each mile. Visiting in late spring was ideal, with **snow-capped mountains** towering above lush green meadows and countless **glacial waterfalls** cascading down the cliffs.



Without question, we experienced the best trail running of our lives. The endless network of **well-marked trails** offers virtually unlimited adventure, and when your legs have had enough, cable cars, trains, and buses make it easy to return from almost anywhere. Crystal-clear drinking fountains seemed to appear around every bend, making it possible to run light with very little water. Along the way, charming mountainside lodges provided the perfect excuse to pause for a cold lager, a hearty meal, and a chance to soak in the incredible scenery before heading over the next pass.

Switzerland was equally impressive for families. Epic playgrounds are scattered throughout the mountain villages, and the public **Grillplatz** picnic areas made trailside bratwurst dinner a fun, memorable experience.

Beyond the running, the world-class **paragliding** over the Lauterbrunnen Valley was an experience we'll never forget.

If you're looking for a bucket-list trail running destination, Mürren belongs at the very top of the list! – **Ella**



2026 25th S R R C C I R C U I T

by "Tom Martin" <tom.atalanta@gmail.com>

After two races in July – **4th of July Run** on 7/04/26 & **Fortuna Rodeo Run** on 7/12/26

Runners (if younger than 70) who have run **≥ 2 SRRC races** are included below.

- [1-#] := Resolution Run (1/01/26)
- [2-#] := Hour Run (2/14/26)
- [3.t-#] := FBMR 10M (3/08/26); [3.f-#] := FBMR 4M
- [4-#] := ACF, Arcata Community Forest Run (3/21/26)
- [5-#] := Masters Run (4/11/26)
- [6.m-#] := Ave, marathon (5/03/26); [6.h-#] := ½ marathon; [6.t-#] := 10K
- [7-#] := Atalanta Run 5M (5/10/26)
- [8.s-#] := GPR10.5M; [8.l-#] := GPR30K (6/06/26)
- [9-#] := Dow's Prairie 6.2M (6/20/26)
- [10-#] := 4th pf July 5K (7/04/26)
- [11-#] := Fortuna Rodeo 5K (7/12/26)

* := Volunteered (Please contact us if you believe you have not received appropriate credit.)

14 & Under Male: Liam Chapman* [1-1, 2-2, 10-2, 11-1], Maddox Chapman* [1-3, 2-1, 10-1, 11-2], Zane Chapman* [2-3, 10-3, 11-3], Oliver Stamper [1-5, 2-4, 3.f-2, 10-5], Jacob Beede [1-4, 10-4], Grant Bumgardner* [3.f-1, 4-1], Angel Torres [4-2, 8.s-1], Felix Porter [2-6, 3.f-4, 10-6], Westley Porter [2-5, 3.f-3, 10-7], Nano Rayburn [1-7, 11-4], Onyx Kamplain [1-6, 11-5]. **Felix, Westly and Zane** each have three finishes and will need to complete three of the six remaining club races in order to complete the circuit. **Oliver, Liam and Maddox** each have four finishes with two firsts apiece for Liam and Maddox, who are tied for the lead.

14 & Under Female: Roenne Powell* [1-2, 3.f-1, 4-1, 7-2, 10-2, 11-1], Eliana Powell [1-5, 10-4], Isla Archibald-Buchanan [1-1, 7-1, 10-1], Elena Cudahy [1-4, 10-3], Arianna Porter [2-2, 3.f-3, 10-5], Ariella Rayburn [1-6, 11-2]. **Roenne** has completed the circuit but has been unable to catch **Isla**, who has three races in the books. **Arianna** has also completed three races and will need three more to complete the circuit.

15-19 Male: Gideon Turner [1-4, 2-1, 4-1, 9-1, 10-3], Jorge Montenegro [3.t-1, 6.m-1], Juan Ornelas [3.f-2, 10-1, 11-1], Sebastian Amaro [1-1, 10-2], Ryder Bullman [3.f-1, 11-2]. **Gideon** has five in the books including three firsts. **Sebastian** completed the Marsh in under 18 minutes and **Juan** ran both the Marsh and the Rodeo in under 17 minutes, taking first overall at the Rodeo in 16:21. **Ryder** was 36 seconds out of first place at the Rodeo. Six events left to total six.

15-19 Female: Brida Lester* [3.f-2, 11-1] **Brida** was first around the barrels for her second finish of the year.

20-24 Male: Caleb Turner [1-1, 2-1, 4-1, 10-1], Angel Ornelas [3.f-3, 10-2]. **Angel** recorded his second race and **Caleb** his fourth, all firsts, to lead this division. **Daniel Shaver** was bested by **Jonah Grubbs** but outpaced **Dominic Raffetto** as they went one-two-three at the Marsh.

20-24 Female: Elizabeth Odell [1-1, 7-1]. **Riley Martel-Phillips** took top honors at the Marsh in 18:30 flat for her first race of the year.

25-29 Male: Jasper* [1-2, 2-1, 3.f-3, 4-2, 9-2, 10-1, 11-3], Eric Coppa [3.t-1, 6.h-1, 8.s-1, 9-1], Jakob Zolwik [4-1, 11-2], Travyn Sanborn [9-1, 11-1]. **Jasper** now has seven races in the books and has completed the circuit for yet another year. Looking good, Jasper! Twenty five seconds separated **Travyn** and **Jakob** as they both finished well at the Rodeo for their second race of the year. Both were eclipsed by **Cassidy Parker's** 18:19.

25-29 Female: Alexa Stefanakis [1-2, 6.h-1], Anna Riedl [3.t-1, 8.s-1]. No Marsh hawks or barrel racers in this division.

30-34 Male: Brent Ritschel [1-1, 4-1], Ryan McLaughlin [1-2, 3.t-1], Ross Mayfield [1-4, 3.f-1, 4-3, 9-2, 10-1], Galen Hammitt [3.t-2, 4-2, 9-3], Juliano Pereira [4-3, 6.h-1], Thomas Nolan [2-1, 9-1], Marcus Torres [3.f-2, 11-1]. **Marcus** picked up his second finish at the Rodeo and **Ross** his fifth at the Marsh.

30-34 Female: Savannah Steffen [1-3, 4-2], Kristi Vernig [1-4, 4-1], Jaslin Rowan [1-5, 3.f-2, 7-2, 9-2], Ashley Knowlton [1-2, 7-1], Day Robins [1-1, 8.l-1], Courtney Carlson [3.t-2, 9-1], Kate Eilers [8.s-1, 11-1]. **Kate** was third woman overall in 21:52 at the Rodeo. **Andrea Guggenbickler** won all-around cowgirl clocking a 21:27. **Amelia Jackson** recorded a 19:30 at the Marsh. Six more opportunities to complete the circuit.

35-39 Male: Steve Luu [1-2, 4-2], Dillon Ayers [2-1, 3.t-1, 4-1, 8.s-1, 10-1], Simon Stampe [6.h-2, 8.s-2], Matthew Scott [3.t-2, 8.l-1], Tim Burrus [1-1, 8.l-2], Danny Emmenecker [3.t-4, 8.l-3, 9-1], Travis Sanborn [9-1, 11-1], Alex Wright [3.t-3, 11-2], Jacob Kamplain [1-3, 11-3]. **Dillon** ran a very respectable 21:11 at the Marsh. **Travis, Alex and Jacob** went one-two-three on the Brahmas with Travis in at 18:28.

35-39 Female: Annie Fehrenbach* [1-2, 3.t-3, 6.m-2, 8.l-1], Jenna Larson [1-3, 4-1, 6.h-2, 8.s-4, 10-4], Katrin Lemmon [1-4, 3.t-5, 7-5, 9-2, 10-2], Noël Loranger [1-6, 3.f-1, 4-2, 7-3, 9-1, 10-1], Christina Torres [1-10, 3.t-6, 8.s-5, 9-5], Meg Stampe [1-15, 2-3, 6.h-4, 9-6], Ashley Powell* [1-16, 3.f-3, 6.t-1, 7-9, 10-6], Alejandra Gallegos* [3.f-2, 4-3, 7-7, 8.s-6, 11-3], Emily Batini [3.t-1, 6.h-1, 7-2, 8.s-1], Ella Price [1-7, 6.h-3, 8.s-3, 10-3], Nina Carson [1-1, 6.m-1], Sarah Collins [3.t-2, 7-1, 8.s-2], Cruz Marbain [2-1, 7-4, 9-3], Sophia Sambo [2-2, 7-6], Jamie Hincley* [4-4, 7-10], Camille Sathrum [1-12, 7-8, 9-6, 10-5, 11-2], Becca Matias [9-4, 11-1], Ariana Rayburn [1-17, 11-4], Mary Anderson [3.t-7, 11-5]. **Noël** was first of six finishers at the Marsh and **Becca** was first of five finishers at the Rodeo. Several competitors with as many as five in the books.

40-44 Male: Dustin [1-1, 3.t-1], Matthew Kidwell* [1-2, 3.t-2, 4-1, 6.m-1, 8.l-1], Zachary Chapman* [1-3, 2-2, 5-1, 10-1, 11-1], Matt Wells* [1-5, 2-1, 3.t-3, 4-4, 5-2, 6.h-1, 8.s-1, 9-1, 10-2], Shar-Lo Kelly [1-8, 2-3, 4-5, 5-3, 9-2], Shawn Porter [2-4, 3.f-2, 10-3], Juan Reyes [3.t-5, 4-8, 6.h-2], Roman Futoma [4-7, 8.s-2, 11-2], Casey Ales [6.m-3, 8.l-2]. **That's nine for Matt W**, including four firsts. **Zachary** picked up two more firsts. He is one race away from completing the circuit. Ditto for **Shar-Lo** and **Matthew K. Michael Price** was racing with the youngsters and clocked in at 19:31 at the Marsh.



40-44 Female: Karen Kidwell* [1-1, 3.t-2, 6.m-1, 11-1], Andrea Lovio [1-3, 4-1, 5-1, 7-2, 8.s-3, 10-1], Jo Archibald [1-5, 2-1, 3.t-4, 4-3, 7-5, 10-2], Aubrey Gates [1-6, 4-4, 7-4], Naomi Stamper [1-9, 2-3, 3.f-4, 7-8, 10-8], Leah Stamper [1-10, 2-2, 3.f-3, 7-7], Danielle Lefever [1-11, 3.t-6, 10-6], Crystal Porter [2-3, 3.f-5, 10-9], Tara Vu [3.t-3, 4-2, 7-3, 9-1], Brittany Gribbin [3.f-1, 7-1, 8.s-4, 10-4], Lauren Pottker [1-8, 7-6, 9-2, 10-5], Kristal Mendez [6.h-1, 8.s-1], Shao-Lan Lew-Smith [4-5, 8.s-2], Megan Atherton [5-2, 10-3], Sarah Landis [3.t-1, 10-7]. **Jo and Andrea** have completed the circuit, with Andrea leading nine finishers at the Marsh. **KK** turned in a blistering 22:03 at the Rodeo.

45-49 Male: Sky McKinley* [1-1, 4-1, 8.f-1], Netra Khatri [5-1, 6.h-1], Richard Roybal [2-2, 4-2, 8.s-1, 9-1, 10-1], Albie Rumpf [6.h-1, 8.s-2], David Turner* [1-4, 2-2]. **Richard** completed his fifth race with a 23:10 at the Marsh, his third first place this year.

45-49 Female: Alicia Smith [1-2, 5-1], Mavelyn Socha [1-4, 3.t-5, 5-3], Kit Meyer [1-6, 2-1, 4-4, 9-1, 10-4], Robin Fraser [1-10, 3.f-4, 10-5], Amy Taylor [3.f-1, 4-2, 10-1, 11-1], Jennifer Marlow [3.t-3, 6.h-1, 8.f-2], Amy Hamilton [4-1, 6.h-2], Angie Pearson [4-3, 7-1, 8.s-3, 10-2], Amy Livingston* [3.f-2, 7-2], Sarah Sullens* [3.f-6, 7-3, 9-2, 10-6], Olivia Symanovich [3.t-4, 8.s-1], Casse Weaver [3.t-6, 8.s-2], Alicia Mengel [1-1, 8.f-1], Courtney Ladika [3.t-2, 8.f-3], April Quincey [3.f-5, 9-3, 10-3]. **Amy T** picked up two firsts this month in completing her third and fourth races of the year, including three firsts. Can anyone catch her?

50-54 Male: Jake Johnson* [1-1, 2-2, 3.f-1, 4-2, 5-1, 10-1, 11-2], Sung Choi [1-4, 2-3, 3.f-2, 8.s-1], Rob Amerman* [2-1, 3.t-2, 4-3, 6.m-2, 11-1], Craig Wasko [3.t-1, 4-1, 6.m-1, 8.f-1, 9-1], Scott Park [10-2, 11-3]. **Rob** tore it up at the Rodeo with a 21:06 and **Jake** recorded his fourth win in seven tries.

50-54 Female: Yvette Ferreira [1-1, 4-3], Amy Duerfeldt [1-2, 3.f-2, 5-1, 7-2], Brenda Estes [2-1, 3.f-3], Jen Foesig* [3.f-1, 4-1, 7-1, 8.s-1, 9-1, 11-1], Kristin Lane [4-2, 8.s-2, 9-2, 10-1], Katie Bisson [3.t-2, 8.s-3]. **Kristin** crossed the line in 25:06 at the Marsh for her fourth finish of the year. One week later, **Jen** recorded her sixth win of the year, rounding the barrels in 24:23 at the Rodeo. This is looking like a lock!

55-59 Male: Shawn Magnuson [1-1, 3.t-1, 9-1, 10-1], Donny Holiman [1-2, 2-2, 4-1]. **Shawn** recorded a 25:36 at the Marsh for his fourth first place finish of the year.

55-59 Female: Becky Chapman [1-2, 3.f-2], Catrina Howatt* [2-1, 3.f-3, 4-3, 6.t-1, 8.s-3, 10-3], Laura Coppini [3.f-1, 5-1, 10-2], Nicolette Amann [1-1, 8.s-1, 10-1], Marie Cappiello [4-1, 8.s-2], Jeanette Suhay [1-4, 11-1]. That's six finishes for **Catrina**! She ran one and directed one this month. With six races remaining, can **Nicolette** catch her?

60-64 Male: David Macauley [1-1, 2-2, 5-1, 6.m-1], Arthur Barker [1-3, 2-3, 3.t-1, 4-1, 5-2, 9-1, 11-1], Pete Carlson* [2-4, 4-2, 9-2], Ed Kallen [1-4, 8.s-1, 10-2], Richard Engel [2-5, 10-1]. **Arthur** has four firsts in seven finishes. **David** has four finishes and has beaten Arthur. Six more events to go!

60-64 Female: Caroline Carson [1-1, 2-2, 3.t-2, 5-2, 6.m-1, 7-1, 8.s-1, 10-1, 11-2], Tj Chapman* [1-2, 2-3], Sherrie Sample [1-3, 5-4, 6.h-1, 7-3], Dawn Durbin [1-4, 4-2], Andrea Wright [2-1, 3.t-1, 5-1, 9-1, 10-1, 11-1], Kelley Sheehy [5-3, 6.h-1], Simona Carini* [3.t-3, 4-1, 7-2], Annette Eshelman [4-3, 8.s-2], Terri Vroman Little [6.t-1, 8.f-1]. That's nine for **Caroline**, including a 25:48 at the Marsh! **Andrea**, in her sixth race, was six seconds behind **Andrea Guggenbickler**, who is her junior by a year or two, for top all-around honors at the Rodeo.

65-69 Male: Jeff Haag* [1-1, 4-2, 5-1, 8.s-1, 10-1, 11-1], Mark Chapman* [1-2, 2-1, 10-2], John Carson [1-3, 4-4, 10-6], Michael Chapman* [1-5, 3.f-3], Mishka Straka [2-2, 4-1], Dave Ryan* [3.f-1, 4-3, 5-2, 8.s-2, 10-5], John Aryanpur [3.f-2, 6.t-1, 10-3], Tim Canning* [5-3, 6.t-2, 10-7], Dean Matheson* [1-6, 6.t-3, 10-9], Robert Ayers [1-4, 8.s-4], Paul Kraus* [8.s-3, 10-4], Thomas Dewey [8.s-5, 10-8]. **Jeff** ran very consistently this month, clocking 23:03 and 23:10, giving him six finishes, five firsts, with his only loss coming to **Mishka** in an off-road event. **Dave** has five in the books and **John** three.

65-69 Female: Lanore Bergenske* [1-1, 2-1, 3.t-1, 5-1, 6.m-1, 7-1, 8.f-1, 11-1], Michael Whiteley [1-2, 3.f-1, 7-2, 10-1, 11-2], Karen Adams [3.t-3, 4-1, 5-2, 6.h-1, 2, 9-1, 10-2], Berit Meyer [3.f-2, 6.t-1], Marcile Raney [1-3, 6.t-2, 7-4, 8.s-3, 10-4, 11-3], Sara Starr [4-2, 7-5, 8.s-4, 10-3], Marlene Allen* [2-2, 3.t-2, 7-5, 8.s-1], Lalitha Brinckhaus [1-5, 11-4]. **Karen** has completed the circuit, **Michael** has one to go and **Marcile** has completed the circuit. **Lanore** clocked a 23:23 around the barrels for a perfect eight. **Marlene** is willing to move up a group if that will help to even out the competition a little bit. As the club's most prolific race director, **Marlene** still manages to run in a few.

70-74 Male: Paul Kinsey* [1-1, 2-1, 3.t-1, 5-1, 6.h-1, 8.f-1], Brian Ferguson [1-2, 2-3, 3.t-2, 5-2, 6.h-2, 8.s-1, 10-1], Bob Beede [1-3, 10-2], Alan Grau [2-2], Mark Ellis* [2-4, 9-1], Harry Kavich* [2-5]. **Brian** conquered the Marsh for his second win. **Bob** finished his second race and is looking like a triathlete.

70-74 Female: Debbie Stamper [1-1, 2-1, 3.f-1, 4-1, 5-1, 7-1], Sherry Myers* [2-2, 3.f-2, 4-2, 6.t-1, 7-2, 11-1], Julie Jonte [8.s-1]. And that's six for **Sherry**. How a top volunteer can always manage to complete the circuit, only she knows.

75-79 Male: Cyril Carl* [1-1, 3.f-2, 10-1, 11-1], Tom Martin* [1-2, 2-1], Joe Carroll [1-3], Alan Lowry [2-2, 10-3], Randy Emenaker* [3.f-1, 4-1, 5-1, 6.t-1, 9-1, 10-2, 11-2], Ira Blatt [3.f-3]. That's seven for **Randy**, including a whole string of firsts and a couple of seconds. **Cyril** has come on of late and has one loss and two wins against Randy. Don't change the channel! This could come down to the wire. Six races left.

75-79 Female: Donna Ayres [1-1], Lorraine Dillon* [1-2, 2-1, 3.f-1, 4-1, 5-1, 10-1], Portia Matheson* [1-3, 2-2, 4-2, 5-2, 6.h-1, 7-1, 10-2], Caroline Taberner [1-4], Faith Mason [1-5]. **Lorraine** recorded her fifth win in six attempts and is looking to unseat **Portia**, one of the club's longest reigning circuit winners.

80-84 Male: Gerald Crnich [3.f-1, 10-1], Gordon Johnson [8.s-1]. **Gerald** pulls out ahead of **Gordon** with his second win of the year. Six more races to go! Can he do it?

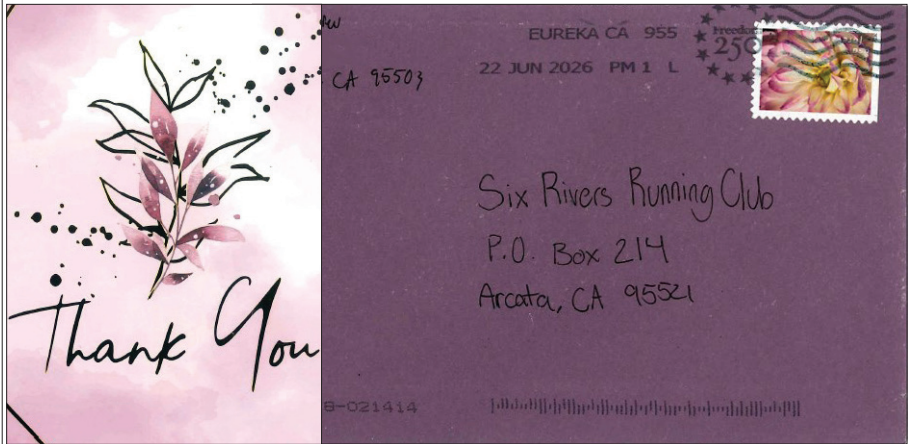
85-89 Male: Jib Ray* [1-1, 2-1, 5-1, 6.h-1, 8.s-1, 11-1], Jurgen Giessel [2-2, 5-2], Jerry Fowler [3.f-1]. **Jib** is looking strong. He may become the first competitor to outduel **Jurgen** in over twenty years. With six races to go, I wouldn't count Jurgen out quite yet.

• For any questions, corrections or suggestions, contact Yoon G Kim at <ygk1@humboldt.edu>.

Dear Six Rivers Running Club,

Thank you so much for choosing me to receive your scholarship. It means a lot that you awarded me the scholarship out of all the applicants. This scholarship will go help me in my academic journey, and I'm thankful and grateful that you've decided to help me.

Sincerely,
Anthony Trieu



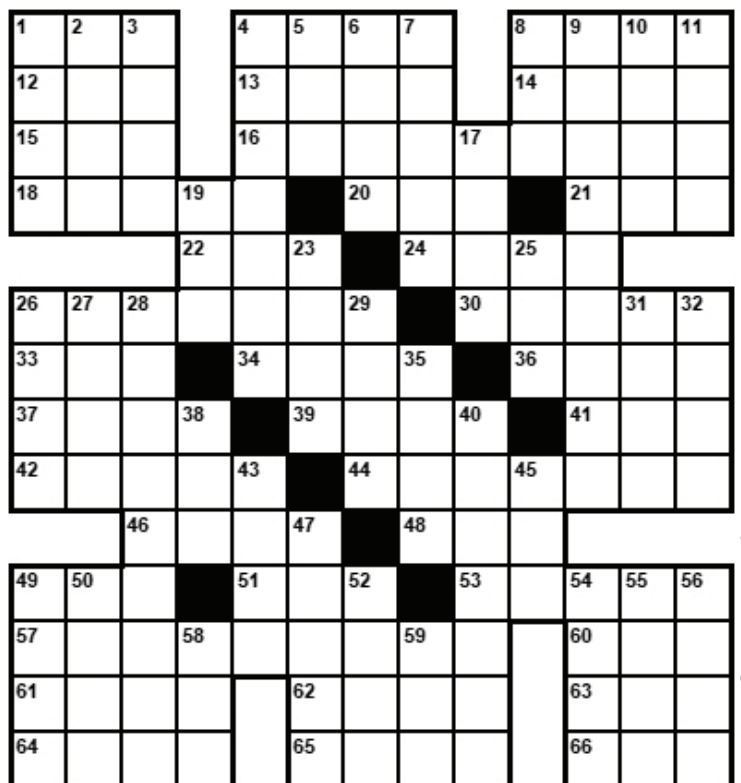
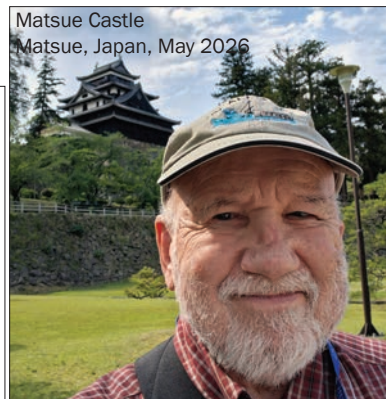
SRRC Crossword Puzzle

ACROSS

- 1 Wonder
- 4 Hurry
- 8 Maritime parking place
- 12 Anatomical container
- 13 Aware of
- 14 Computer graphic
- 15 Atmosphere
- 16 Question for directors, part 1
- 18 Install a water line
- 20 Continent north of Afr
- 21 Strong beer
- 22 Goddess of dawn
- 24 Ornamental belt
- 26 Question for directors, part 2
- 30 Onion relatives
- 33 Internet addr
- 34 Oceanic food fish
- 36 Creative thought
- 37 Renown
- 39 Explorer, in cartoons
- 41 Outdoorsmen's outfitting co
- 42 Vegetative life
- 44 Question for directors, part 3
- 46 Our club
- 48 Had dinner
- 49 Hill dweller
- 51 Weep
- 53 Throw out
- 57 Question for directors, part 4
- 60 Spring marathon, for short
- 61 Shakespeare's river
- 62 Track event
- 63 Writing implement
- 64 Leonine coiffure
- 65 Ambulance workers
- 66 Additionally

DOWN

- 1 "I need it right away"
- 2 Weep mournfully
- 3 Beige
- 4 Unmotorized watercraft
- 5 New England sch
- 6 Eye infection
- 7 ___ pocus
- 8 Clamor
- 9 Eight-faced solids
- 10 Hood
- 11 Leg joint
- 17 Dried-up Asian sea
- 19 French sea
- 23 Scoot along
- 25 Whale species
- 26 "Get off your ___"
- 27 By word of mouth
- 28 What the second-place finisher did
- 29 Sufficient, archaically
- 31 Boat bottom
- 32 Boat top
- 35 Operatic solo
- 38 Screw up
- 40 Declares
- 43 Rounded gateway
- 45 Curse
- 47 Unlawful action
- 49 Eve's mate
- 50 Exploding star
- 52 Primordial matter
- 54 Mama's mate
- 55 Balanced
- 56 Give, temporarily
- 58 Compass point
- 59 Allow



"Ken Yanosko" <kenyanosko@shoglobal.net>

Upcoming Events

SAT., AUG 1, 2026 << **SRRC race** >>

Sand Dollar Shuffle Run 5M. {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at the south end of the Clam Beach. For more information, contact **Paul Kraus** at <paulkraus59@gmail.com>.

SUN., AUG 9, 2026 << **NOT SRRC race** >>

Humboldt Bay Marathon, Half & 5K. {Fees for all} (by HumboldtBayMarathon.com) Marathon at 7:00AM, Half Marathon at 8:00AM, 5K at 8:20AM (all races at 1st & C St., Eureka). For more information please visit <HumboldtBayMarathon.com>.

SAT., AUG 15, 2026 << **SRRC race** >>

Hammond Trail 5K. {\$10 for nonmembers, free for SRRC members} At 9:00AM. Start and finish at Hiller Park in McKinleyville. No early registration – but please show up **AT LEAST 30-40 MINUTES early** to sign up. For more information contact **Sarah Sullens** at <sarahsullens10@gmail.com>.

SAT., AUG 22, 2026 << **NOT SRRC race** >>

Kevin Ebbert Memorial Run. {Fees for all} (by HealthSPORT) Start and finish at Arcata Community Forest. 10K+ at 9:00AM & 2-Mile at 9:30AM. For more information contact **Jamie Hinckley** at <jhinckley@healthsport.com>.

SAT., SEP 19, 2026 << **SRRC race** >>

54th Sue-Meg Park Run. {\$10 for nonmembers, free for SRRC members} **5K** and **10K** at 10AM. Start and finish near the entrance to Sue-Meg State Park. Carpooling for this event is encouraged because there is a \$8 fee per vehicle! For more information contact **Jack West** <jandjwest@yahoo.com>.

Sunday Morning Run.

Everyone is welcome. Small group meets at 7:30AM at the corner of L.K. Wood Blvd. and Granite Ave. in Arcata. Runs to the Arcata Marsh and back by 9:20AM or so. Ask **Gary Timek** <gtimek@aol.com> for more information.

Saturday Morning Run.

Everyone is welcome. Small group meets across the 700 block of the Fickle Hill Road, next to the Arcata Community Forest at 9:00AM and runs through Arcata Community Forest. Ask **Mishka Straka** <pvpathway@gmail.com> for more information.

Wednesday Evening Run.

Every Wednesday at 5:30PM a group of runners meet up at a local restaurant and go out for a run. There is a wide range of runners, paces and distances. It's all about community! After the run they hang out and share a meal/and or beverage of your choice. Find them on Facebook under Humboldt County Beer runners or email **Mishka Straka** <pvpathway@gmail.com> for more information. All are welcome. See you there!

Another Wednesday Evening Run.

Join **Love It Run Club** every Wednesday at 6:00PM at the gazebo in Old Town, Eureka. We do a fun, supportive community run where all paces are welcome. Come for the vibes, stay for the accountability. Email **Eric Coppa** at <eric@coppacetictraining.com> for details.

- For more info, visit <https://www.6rrc.com>

Six Rivers Running Club
P.O. Box 214
Arcata, CA 95518-0214

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Help Wanted! Opportunities in August

- Sand Dollar Shuffle 5M (9:00 am, Sat., 8/1/26): Paul Kraus, the Race Director is looking for volunteers to help out at the Clam Beach event. Please contact him at: <paulkraus59@gmail.com>.
 - Hammond Trail 5K (9:00 am, Sat., 8/15/26): Sarah Sullens, the Race Director is looking for volunteers to help out at McKinleyville event. Please contact her at <sarahsullens10@gmail.com>.
 - Assistance with the SRRC Facebook page: Matthew Kidwell is looking for someone to help out with the Club's Facebook page. Please contact him at <matthew5513@yahoo.com>.
- Harry Kavich <hkavich@yahoo.com>



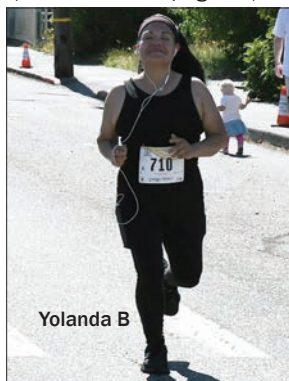
Join the fun! Sign up to start your journey with SRRC!

Looking for motivation, camaraderie, set a new PR, challenge all-time age group records, and a healthier lifestyle? Look no further! SRRC is the perfect place for beginners and seasoned runners alike to reach their goals, make friends, and have a blast doing it.

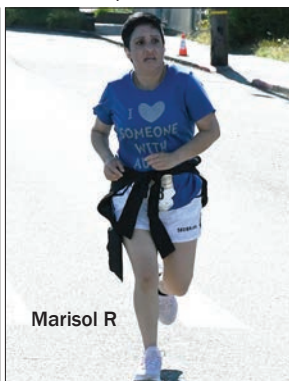
To join:

- [1] Visit <http://www.6rrc.com/> and click "Join" OR
 - [2] Visit <https://runsignup.com/Club/CA/Arcata/SixRiversRunningClub>
- \$30 for "individual"
\$50 for "family"

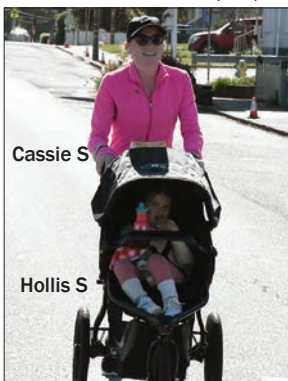




Yolanda B



Marisol R



Cassie S

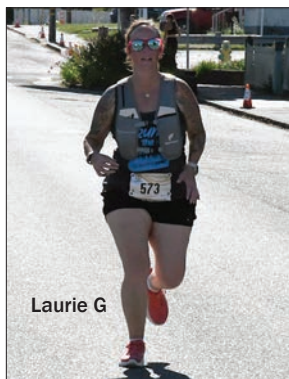
Hollis S



Scott P



Zane C



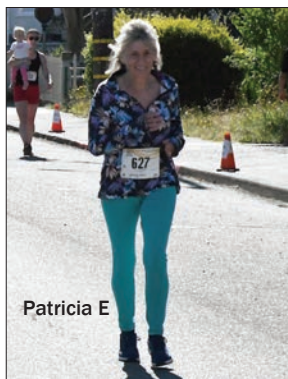
Laurie G



Nano R



Haydee H



Patricia E



Brittany P
Ashley M

Josh P



Elibe N



Dominic O



Shelby O

Jose O



Nathan B



Ariana R



Marcile R



Ming-Yun H



Quinnlan T



Abby F

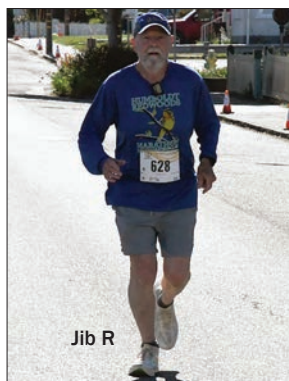


Karen P

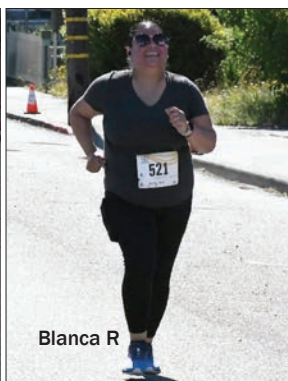


Hanna T

Sativa Y



Jib R



Blanca R



Julie L

Abigayle M



Carlos H

Christian H

